



PREVENTIVE MEDICINE BRIEFING (United States / Mexico Border Region)

Presenter's Name

Presenter's Command

Local Contact Information



Prepared by:
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AGENDA

- Purpose
- Background
- Review of Guide to Staying Healthy
- Preparation for Deployment
- Deployment
- Post Deployment
- Summary
- Conclusion



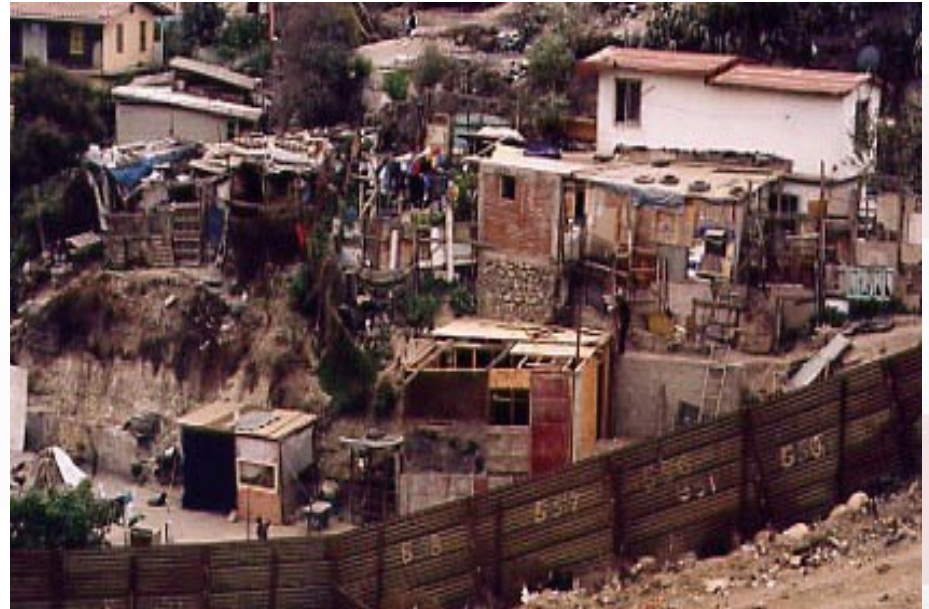
PURPOSE

Inform Deploying Personnel
(Military and Civilian) of the
Potential Health Hazards and
the Individual Countermeasures
Necessary to Assure Personal
Safety and Health



BACKGROUND

- The National Guard is deploying the help secure the US/Mexico border
- Environmental, safety, and occupational health hazards are a potential medical threat to deployed personnel



Historical accounts of wars, battles, and military training consistently relate that the greatest loss of forces was not caused by combat wounds - rather the majority of losses were the result of disease and non-battle injury (DNBI).

US - MEXICO BORDER REGION

- Defined as 62 miles north and south of the international boundary – 2,000 miles long
- Four states in the US (California, Arizona, New Mexico, & Texas)
- Six states in Mexico (Baja California Norte, Sonora, Chihuahua, Coahuila, Nuevo Leon, & Tamaulipas)
- Communities along the border suffer from health problems common in emerging nations like respiratory & gastrointestinal diseases & tuberculosis





GUIDE TO STAYING HEALTHY

- Unfold YOUR *Staying Healthy Guide*
- Personal Protective Measures (PPM)
 - Individual Countermeasures
- Reference Guide for this Briefing



This guide is for use by all active/reserve component military, civilian, retiree, and contractor personnel. Any individual who trains and prepares for, or participates in any type of military operation should keep and refer to this guide.

PREPARING TO DEPLOY

- Medical, Dental & Vision Screening (Soldier Readiness Processing)
- Prepare clothing and gear and personal hygiene items
- Complete Pre-deployment Health Assessment (DD Form 2795)

During medical screening, discuss prescribed medications with the examiner; obtain a sufficient supply of medications

PREPARING TO DEPLOY

ADDITIONAL PACKING ITEMS:

- Cotton underwear (10 changes)
- Birth control supplies
- Personal Hygiene Products
- Anti-fungal cream/powder & shower shoes
- Insect repellent, sunscreen, eye and hearing protection, lip balm, skin lotion



If you need medications or hygiene items which may not be available through normal supply systems, obtain a 6-month supply, or enough for the duration of the operation

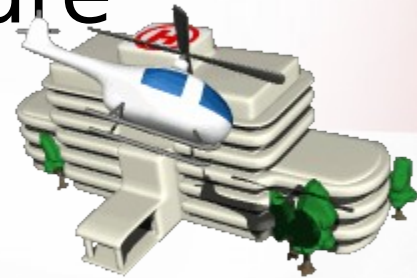
PREPARING TO DEPLOY FEMALE CONSIDERATIONS

- Birth control pills
- Feminine Hygiene Products (non-deodorant tampons, sanitary napkins, panty liners; menstrual cramp reliever)
- Yeast infection medication (two courses of vaginal treatment)
- Portable Urinary Device
 - For use by female personnel to reduce time needed to urinate and resolve privacy issues when latrines are not available (convoys, field operations) NSN: 8530-01-470-2805

If using birth control pills, continue as prescribed to regulate menstrual cycles and avoid problems resulting from inconsistent use

DEPLOYMENT HEALTH CARE

- Know where to seek health care when deployed
- May or may not be through same channels as your home station
- Maintain your health and seek care whenever an illness or injury occurs



PREVENTIVE MEDICINE COUNTERMEASURES

- Medical Tests – All Personnel
 - PPD – Purified Protein Derivative (TST – Tuberculin Skin Test)
 - Within 12 months prior to deployment
 - **AND** At time of redeployment
 - **AND** Again between 3-6 months after redeployment
 - HIV – Human Immunodeficiency Virus
 - Required every 2 years. Serum collection before deployment will be tested regardless of date of last test.



TEST RESULTS

IMMUNIZATION REQUIREMENTS

- All Personnel
 - Required IET vaccines
 - Current tetanus toxoid
 - Hepatitis A series
 - Hepatitis B series for select personnel (medics, healthcare workers...)
 - Influenza (seasonal)
 - Document all immunizations



Confirm requirements with medical authority or OPORD

FIELD SANITATION TEAM

- Field Sanitation Teams (FST) train unit personnel in Preventive Medicine Measures (PMM) and advise the commander and unit leaders on implementation of unit-level PMM.
- Know who the members of your Field Sanitation Team are PRIOR to deployment
- The FST can assist in preventing medical threats to your health
- Deploy with all FST equipment



Failure to apply PMM increases the risk of mission failure

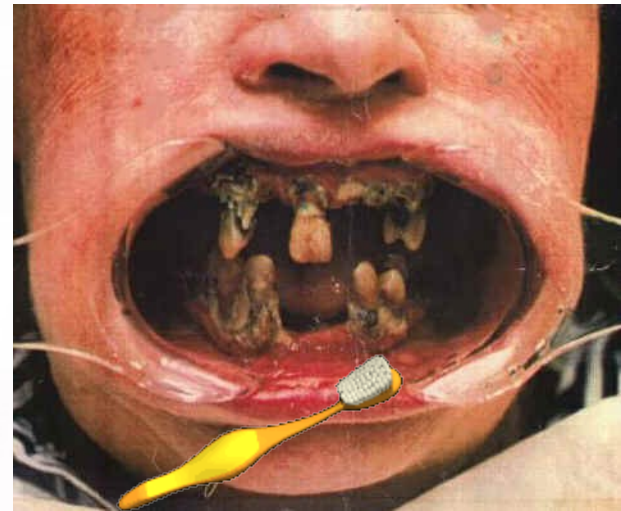
PERSONAL PROTECTIVE MEASURES

- Wash hands frequently
- Do not rub eyes or inside of nose with bare finger(s)
- Bathe/shower regularly (field expedients will do); use unscented products
- Wear shower shoes to prevent athlete's foot
- Dry thoroughly after showering
- Sleep head-to-toe if billeted in common areas
- Wear clean, dry uniforms; change socks daily and uniform at least weekly
- Do not wear nylon or silk undergarments; cotton undergarments are more absorbent and allow the skin to dry
- Seek prompt medical care if problem exists



ORAL HEALTH

- Deploy with:
 - Toothbrush
 - Dental Floss
 - Fluoride Toothpaste
- Brush twice-daily
 - Daily in difficult tactical environments
- Floss daily
- Seek medical attention at the onset of any dental problems



SPIRITUAL HEALTH

- Maintain personal prayer/meditation
- Obtain and read wholesome religious/spiritual literature
- Attend religious/spiritual group discussions/studies
- Process anger, fear, anxiety & guilt through personal & group spiritual/religious activities
- Keep in touch with spiritual advisors/chaplains



NUTRITION

- Drink fluids regularly (hourly fluid intake should not exceed 1.5 quarts, daily fluid intake should not exceed 12 quarts)
- Maintain weight; do not avoid food or attempt weight loss during a deployment
- Work in cold weather can increase energy needs by 10-25%
- Operations in high-altitude areas can increase energy needs by 50% or more



SMOKING

- March – August 2003: 19 cases of severe pneumonia in service members deployed to Southwest Asia
 - 16 smokers, 8 *began smoking during the deployment*
 - Two pneumonia deaths
- January 2004: 2 new severe cases of pneumonia
 - *Both began smoking during this deployment*



If you don't smoke, don't start during a deployment.
If you do smoke, quit.

STRESS



- Operational stressors
- Different types and intensities
- Recognize the symptoms of depression
- Seek or encourage help
- Take steps to reduce operational stress

Stress can be intensified for personnel who are exposed to or observe human suffering and/or death

IMPROVE RESISTANCE TO STRESS

- Fear and physical signs or symptoms of stress are normal reactions before and during combat or other dangerous/life-threatening situations
- Talk about what is happening with your buddies
- Learn ways to relax quickly
- Quickly integrate new replacements
- If you must join a new group, be active in establishing friendships
- Give each other moral support
- Care for your buddies and work together



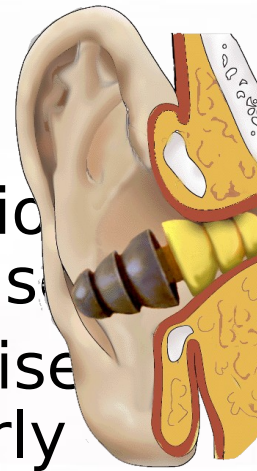


HEARING CONSERVATION

- Loud noise causes permanent hearing loss

COUNTERMEASURES

- Have your hearing protection with you at all times and use it
- Be sure your ear plugs, noise muffs or helmets fit properly and are in good condition
- Avoid noise or limit time around noise to only critical tasks



Combat
Arms
Ear plug

NSN 6515-
01-466-



Authorized
wear

**If you have to raise your voice to be understood,
it is too noisy.**

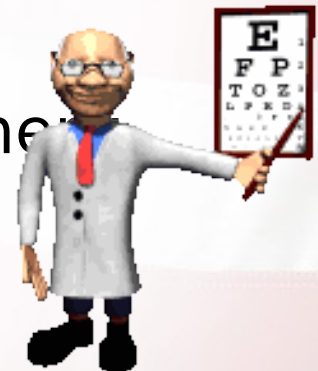
Put on hearing protection.

VISION CONSERVATION

- **Preventive Measures and Eye Protection**
 - Contact lens use is prohibited for use in environments where exposure to smoke, toxic chemical vapors, sand, or dust occurs
 - If required, maintain 2 pair of glasses and 1 protective mask insert
 - Use eye protection when in any potentially eye hazardous environment
 - Safety goggles or spectacles with side shields*
 - Chemical splash goggles*



*(ANSI Z87.1 approved)



**Vision Ready is
Mission Ready!**

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MOUTH GUARDS

Use This



OR

Lose These



PHYSICAL ENVIRONMENT

- **Topography**
 - **Varies from coastal plains to mountains to desert**
- **Climate**
 - **Large variability**
 - **50-113°F**
 - **Semi arid**
 - **Higher rainfall towards coasts**
 - **Droughts and floods**



HEAT INJURY PREVENTION

- Heat Cramps, Exhaustion, or Stroke

COUNTERMEASURES

- Drink fluids continuously (hourly fluid intake should not exceed 1.5 quarts, daily fluid intake should not exceed 12 quarts)
- Maintain acclimatization
- Protect yourself from exposure to sunlight and wind
- Maintain good physical condition
- Establish work/rest schedules
- Wear proper clothing
- Participate in training



You should receive annual unit training on prevention of heat injury. Heat injuries are preventable!

HEAT

H: Heat category – WBGT Index

E: Exertion level (prior 3 days)

A: Acclimatization

T: Tables – Water/Work/Rest

REMEMBER

Water requirements are not reduced by any form of training or acclimatization.

Units which have soldiers who do not drink because they do not have opportunities to urinate have a leadership problem.



Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/hr).

- **NL** = no limit to work time per hr.

- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

Daily fluid intake should not exceed 12 qts.

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	$\frac{1}{2}$	NL	$\frac{3}{4}$	40/20 min	$\frac{3}{4}$
2 (GREEN)	82° - 84.9°	NL	$\frac{1}{2}$	50/10 min	$\frac{3}{4}$	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	$\frac{3}{4}$	40/20 min	$\frac{3}{4}$	30/30 min	1
4 (RED)	88° - 89.9°	NL	$\frac{3}{4}$	30/30 min	$\frac{3}{4}$	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil.

For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized.

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SUNBURN

- Prevent overexposing skin and eyes to solar radiation and wind

COUNTERMEASURES

- Use sunscreen and lip balm
- Use protective eyewear
- Limit exposure
- Cover nose and mouth to limit drying



Sunburn reduces soldier readiness and increases the likelihood of skin cancer.

COLD INJURY PREVENTION

- Hypothermia, Frostbite, Chilblains

COUNTERMEASURES

- When possible, remain inside warming tents/buildings and drink warm, uncaffeinated liquids for relief from the cold
- If working outside or on guard duty, insulate yourself from the ground and wind. Rotate duty as frequently as mission allows.
- Properly wear the Extended Cold Weather Clothing System



You should receive annual unit training on prevention of cold injury

COLDER

C: Keep clothing Clean

O: Avoid Overheating.

L: Wear clothing Loose and in layers

D: Keep clothing as Dry as possible

E: Examine clothing (holes, tears, broken fasteners)

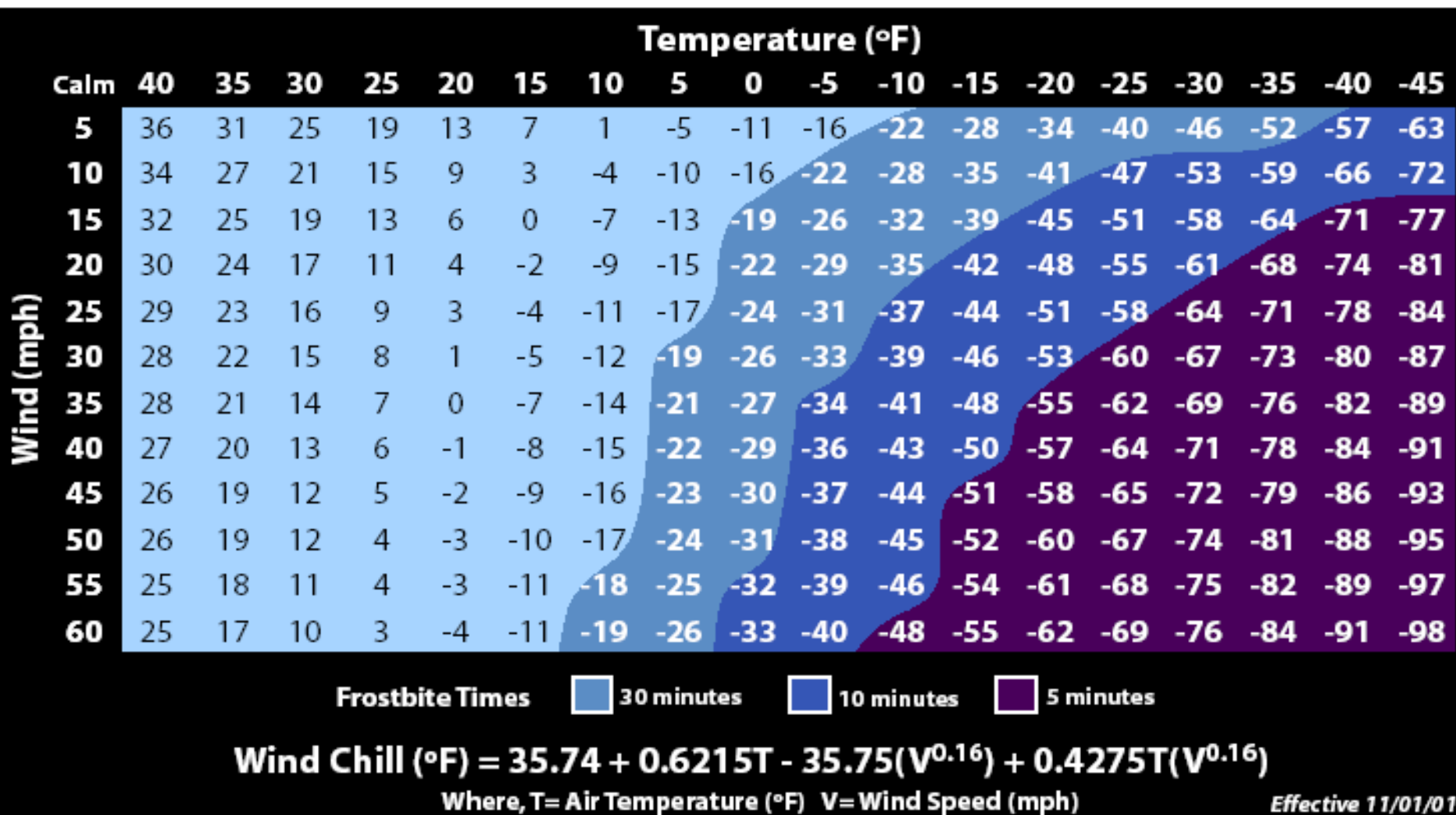
R: Repair or replace damaged clothing



Notify your first-line supervisor if you have had a previous cold injury. Use the buddy system.



Wind Chill Chart



WET SKIN CAN SIGNIFICANTLY DECREASE THE TIME FOR FROSTBITE TO OCCUR

CARBON MONOXIDE

- Carbon monoxide (CO) is a colorless, odorless, and tasteless gas produced by engines, stoves, and gas/oil heaters.
- CO replaces oxygen in the body, causing headache, sleepiness, coma, and death.

COUNTERMEASURES

- Keep sleeping area windows slightly open for ventilation and air movement.
- DO NOT sleep in vehicles with the engine running or use engine exhaust for heat.
- DO NOT park vehicles near air intakes to tents, trailers, or environmental control units.

Do not use unapproved commercial off-the-shelf heaters. Check with your unit Safety Officer.



ENVIRONMENTAL HEALTH RISK

- Greatest risks associated with ingestion of contaminated food/water; and exposure to the elements



ENVIRONMENTAL ISSUES

- **Air**

- Severe air pollution in urban centers along the border
- Sulfur dioxide, nitrogen oxides, ozone, particulate matter
- Short term exposure may cause coughing, wheezing, and reduced lung function, especially in asthmatic individuals

- **Water**

- Rio Grande is polluted with industrial and agricultural chemicals
- 94 millions gallons of raw sewage daily flow into the Rio Grande

INFECTIOUS DISEASE RISK

- **INTERMEDIATE RISK** for infectious diseases
- Inadequate force health protection (FHP) measures, will adversely impact mission effectiveness

INFECTIOUS DISEASES

- Foodborne and Waterborne Diseases
 - **INTERMEDIATE RISK** = Diarrhea, hep A, typhoid fever, salmonellosis/shigellosis
- FHP Priorities
 - **Deploy appropriate PM personnel and equipment**
 - Consume food, water, ice only from US-approved sources
 - Operate food preparation facilities in accordance with Army doctrine
 - Ensure proper hand washing facilities near all latrines and dining facilities and enforce

INFECTIOUS DISEASES CONT.

- Vector-borne Diseases
 - **INTERMEDIATE RISK** = Dengue fever, Malaria
- FHP Priorities
 - Use DEET on all exposed skin
 - Treat field uniforms with permethrin
 - Use bed nets in field conditions, treat with permethrin



PERSONAL PROTECTIVE MEASURES



**Permethrin
On
Uniform**



**DEET On
Exposed
Skin**



**Properly
Worn
Uniform**

**MAXIMUM
~~PRO~~TECTION**

DOD Insect Repellent System

YOU NEED TO KNOW...
Dry cleaning removes permethrin from the uniform

INSECT REPELLENTS FOR SKIN AND CLOTHING

DEET lotion



NSN 6840-01-284-
2002



- Apply a thin coat to **EXPOSED** skin
- One application lasts up to 12

Permethrin

- Individual Dynamic Absorption Kit (IDA)

- Treatment lasts for
for over 50
laundrerings



NSN 6840-01-278-
1336



NSN 6840-01-345-
0237

- Aerosol spray can
- Treatment lasts through 5-6 washes

OTHER INDIVIDUAL COUNTERMEASURES

- Wash and inspect your body for insects/ticks and bites daily
- Use buddy system to check clothing routinely
- Launder uniform routinely to remove insects and eggs
- Order a permethrin-impregnated bed net for use while sleeping
 - Otherwise, treat a bed net before use by spraying the outside of the net with permethrin
 - Tuck edges under cot or sleeping bag
 - Don't let net touch your skin while you sleep

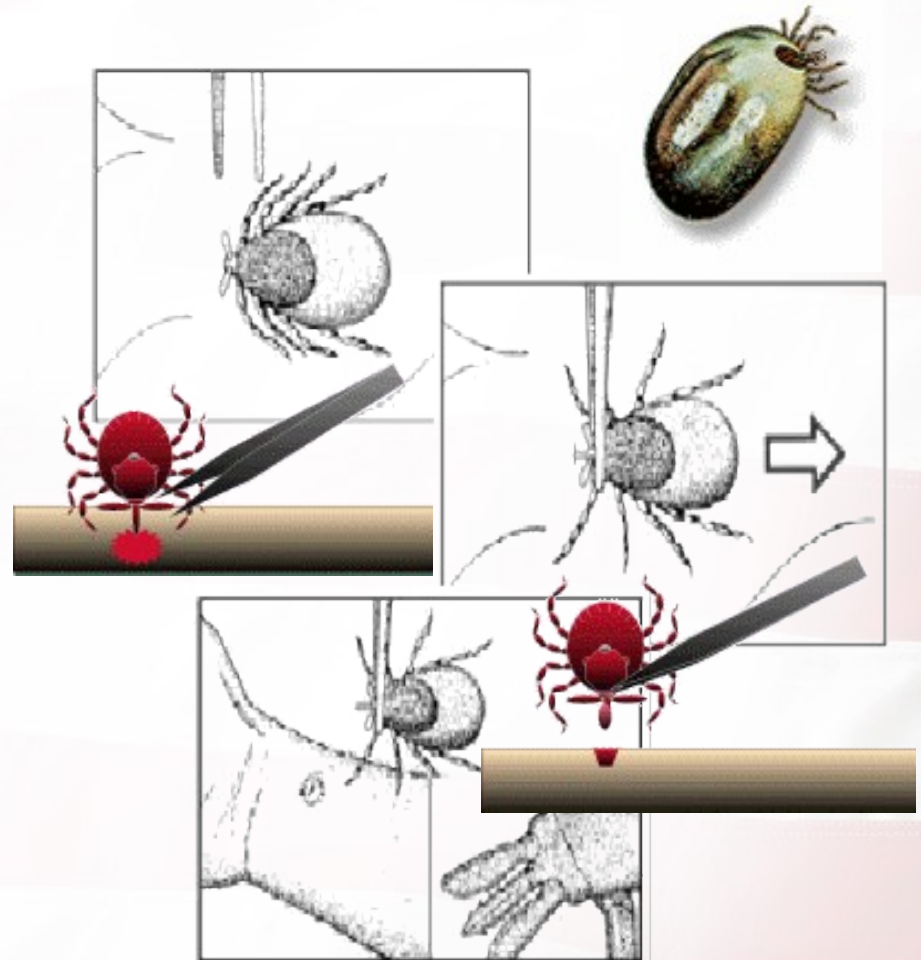


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TICK REMOVAL PROCEDURES

- Use fine-tipped tweezers to grasp mouthparts
- Grasp mouthparts against skin surface
- Pull back slowly and steadily with firm tension
- Avoid squeezing tick
- Wash wound and apply an antiseptic



INFECTIOUS DISEASES CONT.

- Animal-contact Diseases
 - **INTERMEDIATE RISK** = Rabies

- FHP Priorities
 - Avoid animal contact
 - No mascots
 - Report all animal bites and scratches



INFECTIOUS DISEASES CONT.

- Sexually Transmitted Diseases
 - **INTERMEDIATE RISK** = gonorrhea, chlamydia, HIV, Hep B
- FHP Priorities
 - Avoid sexual contact
 - Use latex condoms if sexually active



INFECTIOUS DISEASES CONT.

- **Water-contact Diseases**

- **INTERMEDIATE RISK = leptospirosis, bacterial or fungal dermatitis**

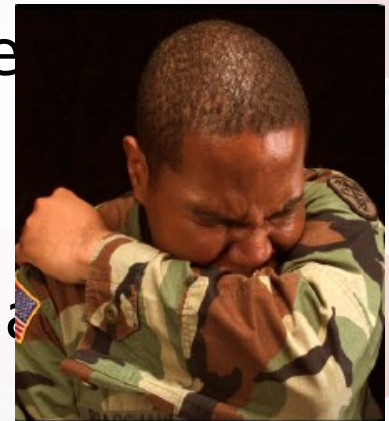
- **FHP Priorities**

- **avoid unnecessary contact with lakes, rivers, streams, and other surface water**

29/04/2002

INFECTIOUS DISEASES CONT.

- Respiratory Diseases
 - **INTERMEDIATE RISK** = tuberculosis, hantavirus pulmonary syndrome
- FHP Priorities
 - Tuberculin skin test before and after deployment
 - 72 sq/ft per person and head to toe sleep arrangement
 - Cough/Sneeze into your upper sleeve
 - Avoid close contact with the local population
 - Next slide for hantavirus FHP priorities



INFECTIOUS DISEASES CONT.

- Respiratory Diseases Cont.
 - **INTERMEDIATE RISK** = Hantavirus Pulmonary Syndrome
- FHP Priorities
 - Indoors
 - Air out, seal up, trap out, clean up
 - Those involved in cleaning rodent infested buildings or handling dead rodents are at greatest risk
 - Wear rubber gloves, spray disinfectant
 - Minimize stirring up dust when cleaning floors – spray with disinfectant and then mop (do not vacuum or sweep)
 - Disinfect all surfaces



INFECTIOUS DISEASES CONT.

- Respiratory Diseases Cont.
 - **INTERMEDIATE RISK** = Hantavirus Pulmonary Syndrome
- FHP Priorities
 - Outdoors
 - Check for rodent droppings/burrows in your sleeping area
 - Do not disturb rodent burrows or dens
 - Avoid sleeping on bare ground or near woodpiles
 - Store food in rodent proof containers
 - Bury, burn or discard trash promptly in covered trash containers

PHYSICAL INJURY



- Physical injury is a leading diagnosis during deployments
- Accidents are the 5th leading cause of death for US border residents; 4th leading cause of death for Mexico border residents
- Remain current with tetanus vaccination
 - revaccinate for a dirty wound if current vaccination is over 5 years old

FOOT CARE

Protect your feet by:

- keeping feet clean and dry
- change socks at least every 8 hours or whenever wet and apply foot powder
- bring extra boots to field - alternate boots from day to day to allow boots to dry.
- seek medical care at the first sign of any problems



HAZARDOUS ANIMALS & PLANTS

- Animals

- Snakes, centipedes, scorpions, spiders, bees, wasps, hornets, fire ants, chiggers

- Plants

- FHP Priorities

- Do not handle animals
- Shake out boots, clothing, & bedding
- Do not touch, chew, eat, or burn unfamiliar plants
- Bring proper medication if allergic to bites/stings



OCCUPATIONAL HEALTH PRE-DEPLOYMENT

- Current Industrial Hygiene review of operations
- Engineering controls
- Supply of required Personal Protective Equipment (PPE)
- Hazard Communication (HAZCOM) training
- Personal Protective Equipment training
- Current medical surveillance



OCCUPATIONAL HEALTH DEPLOYMENT

- Occupational Health Hazards
- Use your applicable control strategies
 - Elimination or substitution
 - Engineering control
 - Work Practices and administrative controls
 - Personal Protective Equipment
- Follow the PPE program requirements



FIELD FACILITIES

CONTROL OF HAZARDOUS EXPOSURES

- Garrison facilities include engineering controls to control chemical exposures
- In the field, additional efforts are needed to provide the same level of control for these occupational exposures
- Install and use safety countermeasures



OCCUPATIONAL HAZARDS

- Exhaust from engines and fuel space heaters
- Solvents used to clean weapons
- Greases and oil from vehicle maintenance repair
- Detergents used to clean equipment
- Fuels and refueling operations



POST DEPLOYMENT

- Complete Post-Deployment Medical Health Assessment (DD FORM 2796)
- Receive post-deployment preventive medicine briefing
- Receive post-deployment screening, testing, and follow-up



POST DEPLOYMENT

- Continue to seek counseling from Chaplain or medical personnel
- Homecoming Stress
 - Don't expect things to be exactly the same, especially if long deployment
 - Ease back into roles; don't rush it
 - Children may be withdrawn
 - Spouse may be moody or depressed
 - Financial and property issues may require immediate attention



SUMMARY

- Review of *Guide to Staying Healthy*
- Preparation for Deployment
- Deployment
- Medical Threat
- Post Deployment



CONCLUSION

- Health threat awareness and implementation of associated countermeasures discussed in the briefing are critical to all military missions (including combat, support, and sustaining base military and civilian forces). Apply this information during all phases of military operations, including training, pre-deployment, deployment, and post-deployment.





Contact Your Local Preventive Medicine Service or Medical Support Unit for Additional Information



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